Ergogenic effects of dietary nitrate

Stellingen behorende bij het proefschrift

ERGOGENIC EFFECTS OF DIETARY NITRATE

1. Dietary nitrate supplementation does not improve endurance type exercise performance in well-trained endurance athletes. (*This thesis)*

2. Ingestion of a vegetable based nitrate source induces greater declines in blood pressure than ingestion of a similar dose of nitrate salts. (*This thesis)*

3. Dietary nitrate supplementation increases high intensity-type exercise performance in trained athletes. (*This thesis)*

4. Nitrate is buffered in human skeletal muscle tissue and may serve as a local nitric oxide storage pool. (*This thesis)*

5. Dietary nitrate supplementation should better be recommended to athletes performing high intensity-type exercise, instead of to athletes performing endurance type exercise.

6. Understanding the metabolic or mechanistic events that underpin the (sports) performance change allows supplement application beyond the scenarios that have been directly investigated. *(IOC Consensus Statement: Dietary Supplements and the High-Performance Athlete)*

7. There is always room for more research as even robust literature on a sports supplement does not mean that it covers all applications that are specific to an event, environment, or individual athlete. *(adapted from the Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine)*

8. Not fully understanding the process of digestion does not mean that I should refuse my dinner. (adapted from *Oliver Heaviside)*

9. The only source of knowledge is experience. (*Albert Einstein*)

10. Somewhere, something incredible is waiting to be known. (*Carl Sagan)*

Jean Nyakayiru, 13 Februari 2019